



DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XVIII, ISSUE 1

A newsletter for D.C. Seniors

January 2003

## EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Happy New Year!

As we bring in the New Year, we are celebrating the inauguration of our Honorable Anthony A. Williams, Mayor of this great city. Our Mayor is ensuring that his administration is working toward keeping the city well during the downturn of the economy.

Mayor Williams joined the D.C. Chamber of Commerce in the "Buy in D.C." Campaign. This initiative allows residents to help invest in the fiscal future of the city by spending in the city. How can we expect others to come to the District for goods and services if we ourselves don't buy in the city where we reside?

How many times have you crossed the District line to save a few pennies on groceries, gas or other items? Invest in your city — it is an investment in your future.



Clip this out and place  
on your refrigerator.

### EMERGENCY NUMBERS

**D.C. OFFICE ON AGING** .....(202) 724-5626

The Information and Assistance Office can link you with needed services. Open Monday through Friday, 8:15 a.m. to 4:45 p.m.

#### DEPARTMENT OF PUBLIC WORKS

**ENERGY OFFICE HOTLINE** .....(202) 673-6750

Available Monday through Friday, 8:30 a.m. to 4:30 p.m. for information and assistance with utilities.

#### D.C. EMERGENCY MANAGEMENT

**AGENCY** .....(202) 727-6161

Provides information about shelters, blankets, heaters, oil and a health clinic nearest you. Open 24 hours, 7 days a week.

**HYPOTHERMIA HOTLINE** .....(202) 399-7093

.....(800) 535-7252

Provides information on emergency transportation, shelters and cold weather information. Open 24 hours, 7 days a week.

#### POTOMAC ELECTRIC POWER COMPANY

**(PEPCO)** .....(202) 833-7500

**WASHINGTON GAS** .....(703) 750-1000

## Senior Bowler Inducted into Hall of Fame

Hazel A. Beatty was recently inducted into the Hall of Fame of the Nation's Capital Area Bowling Association and the Washington, D.C. Area Women's Bowling Association. Being inducted is "the highlight of my career," she exclaimed.

The 79-year-old started bowling in 1978 when she retired from the federal government after 35 years of service. She was encouraged to join the Columbia Center Bowlers senior league.

She has bowled with the league for the past 23 years and has served as league secretary, where she was influential in the league becoming sanctioned by the Women's International Bowling Congress

(WIBC) and the American Bowlers' Congress (ABC). Beatty also served as the league's president for three years, compiled its history, and has remained responsible for preparing the annual banquet.

In 1989, she joined a second league, called the Prime Timers Mixed, and has served as its president for two years. She also has worked hard to encourage senior

bowlers and has been honored by the WIBC for her efforts.

A member of the District's Golden Olympics Team since 1984, she represented the District in the Biennial Summer National Games in

1995, 1997, 1999 and 2001. She is working with the Golden Olympics Team on its rules, ensuring that they are comparable to the national rules.

All of these examples and more are the reason Beatty was inducted into the Hall of Fame. Inductions to the hall of fame are made in two categories — outstanding bowling and meritorious service. Beatty was inducted in the latter category.

Beatty laughs when asked about her high score. She admits that her health and

problems with her neck have affected her bowling in recent years.

"I am an enthusiastic bowler who hopes to get seniors up off the couch and out bowling," Beatty says. Her high average is 141 and she sports a high game of 211 and a series of 533.

This hall of famer enjoys bowling and encourages her peers to take a "strike" at bowling.



Hazel A. Beatty



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR



## D.C. OFFICE ON AGING NEWSLETTER

# Women Compete for Age of Elegance in Biloxi

Daisy J. Savage, 63, recently competed in the Ms. Senior America Pageant held in Biloxi, Miss. Savage was one of 33 women 60 years of age and older who represented their states, the Virgin Islands and the District of Columbia in the pageant.

"I Will Never Grow Old" was the sentiment of many in the audience when Ms. Senior D.C. Daisy Savage performed during the talent segment of the competition. She did not make the top 10 with her original skit by that title. She was, however, an excellent representative for the senior residents of the District.

The winner of the pageant was Ms. Texas, Mary Virginia Tuinstra. Contestants from Arizona, New York and Puerto Rico were first, second and third runners-up, respectively. Ms. Maryland, Lonnie Stein, from Edgewater, Md., made the top 10 during the competition.

Contestants were judged on a personal interview with the judges, their philosophy of life, talent and evening gown competition. Cash awards were also given to contestants for their volunteer service to children.

This year, contestants in the state

pageants were eligible to receive the 2002 Konze Award. The First Prize Konze Award (\$5,000) winner was Ms. Georgia. One-third of the cash award goes to the contestant, with the balance being awarded to the volunteer organization they serve.

The Ms. Senior America Pageant is the world's first and foremost pageant to emphasize and give honor to women who have reached the "age of elegance." It is a search for the gracious lady who best exemplifies the dignity, maturity and inner beauty of all senior Americans.

The Ms. Senior America Pageant philosophy is based upon the belief that seniors are the foundation of America and our most valuable treasure. It is upon their knowledge, experience and resources that the younger generation has the

opportunity to build a better society.

Women interested in participating locally in the Ms. Senior District of

Columbia Pageant should call the chairperson of the pageant planning committee, Gwendolyn Coleman, at 202-289-1510, x. 171.



Daisy Savage is pictured with pageant judge Dee Dee Sharp (center), who wowed teenagers in the 1960s with "The Mashed Potato." Also pictured is Ms. Senior D.C. Pageant Chair Gwen Coleman (right) and Darlene Nowlin, D.C. Office on Aging (left).



Ms. Senior D.C. Daisy J. Savage poses with newly crowned Ms. Senior America and fellow pageant contestant, Ms. Senior Connecticut.



Daisy Savage was accompanied by her husband, Judson Savage, to the pageant.



## D.C. OFFICE ON AGING NEWSLETTER

# D.C. Medicaid and Long-Term Care: Finding Help to Pay the Costs

Long-term care includes both assistance at home and care in nursing facilities. For short-term care, individuals may pay for services themselves or rely on Medicare or a private insurer. However, Medicaid is the only program that pays for services at home or in a nursing facility for the long term.

Below are the answers to a few common questions about Medicaid and its coverage of long-term care costs.

## What is Medicaid?

Medicaid, also called Medical Assistance, is a program that pays the medical bills of certain lower-income individuals and those with high medical expenses. It is administered by the District and pays medical bills, including nursing home care or, sometimes, care in your home, with Federal and local funds.

## What is Medicare?

Medicare is federal insurance program that pays medical bills for persons age 65 or older, no matter how much money they have. Medicare also helps disabled persons who are under age 65 who have been receiving Social Security Disability Insurance (SSDI) payments for two years, and certain persons with kidney failure. Medicare pays for nursing home services only under very limited circumstances.

## What determines if Medicaid will pay for someone's care?

In order for Medicaid to pay for long-term care, the person must be eligible for Medicaid and need substantial help with their daily activities. To determine if someone is eligible, D.C. Medicaid will check to see that the person is:

- at least 65 years old or disabled;
- a U.S. citizen or qualified alien; and
- a District resident.

Finally, they will check the person's income and resources (assets). Individuals may receive at least some help from Medicaid even if their incomes are relatively high.

## If someone prefers to live at home, can they get services there?

D.C. Medicaid pays for many services that help people to remain living in their homes. These services include home nursing, personal assistance (e.g., help with bathing, cooking, etc.) and elder day care. For additional information about home-

based services, please call 202-442-9055.

## Will Medicaid cover everything?

No, not always. If someone eligible for Medicaid needs home care services, Medicaid will pay for most costs, though there will be some limits. If a Medicaid client is in a nursing home, most customers will pay part of the cost (based on their income) directly to the nursing facility; Medicaid will pay the rest. Medicaid will provide payment for hospitalizations and other needed services.

## What will happen to my spouse if I go into a nursing home?

Medicaid uses special rules to protect a spouse's income and assets. Also, Medicaid will generally not count a house or car as an asset, so a spouse can continue to live at home as before.

## How do I apply for Medicaid?

All applicants should start the Medicaid application process as soon as it becomes apparent that help will be needed with daily activities. To receive a Medicaid application, please call the Income Maintenance Administration (IMA) Customer Service Line at 202-724-5506. If a patient has already been admitted to a hospital or nursing home, they may ask the hospital admissions office or social work staff for help in applying for Medicaid.

## What will I need to do when I apply?

When you apply, you will need to complete and sign an application form. The application form will request complete and detailed information on your financial situation. You will be asked for some documents as proof of the information on your application. These items must be submitted before a decision on your eligibility can be made. An interview may be required as part of the application process. A friend or relative can help you, and you can also call IMA Customer Service at 202-724-5506 for assistance.

## How do I make sure that I continue to get Medicaid?

Once a year, D.C. Medicaid staff will review your eligibility to make sure your situation has not changed. This is called recertification or renewal. A customer or his/her family can choose to have their case manager or the nursing facility complete the annual recertification process. Please speak with a case manager or the nursing facility's social

work staff to make these arrangements.

## Whom should I call with questions about Medicaid?

If you need any assistance with eligibility or have questions about the patient contribution amount, please call 202-724-5506. For questions regarding home-based services, please call 202-442-9055.

## Winter Fire Safety

During the winter season, we at the D.C. Fire and EMS Department would like to remind our friends in the senior community about fire safety.

Special populations are at risk for a number of reasons:

Decreased mobility, health, sight and hearing may limit a person's ability to take the quick action necessary to escape during a fire emergency.

Depending on physical limitations, many of the actions individuals can take to protect themselves from the dangers of fire may require help from a caretaker, neighbor or outside source.

Always develop and practice escape plans. Time is very crucial during fire emergencies.

Involve the assistance of a building manager, family member or a good friend when practicing your fire escape plan.

Know at least two exits from every room. If you use a walker or wheelchair, check all exits to make sure these can get through the doorways.

Practice opening locked or barred doors and windows. When a fire occurs, do not waste time saving property. Leave the home immediately. Once out, stay out.

Inform others of your special needs. Contact the fire department at 202-673-3109 to let them know of your special needs. If you are bedridden, or have other physical limitations, please explain them to the fire department so that in an emergency they will be better able to assist you.

Install and maintain smoke alarms in your home. Test the alarms monthly and change your batteries at least once a year. If you need assistance, ask a friend or relative.

Be prepared for emergencies and have a safe winter season.

—Adrian H. Thompson  
Acting Fire Chief

It's never too late to start a life.  
It's never too late for Recovery.

Addiction Prevention and Recovery Administration.

1-888-7-WE HELP.



Government of the District of Columbia  
Anthony A. Williams, Mayor

James A. Buford  
Interim Director, District of Columbia  
Department of Health





## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## Early January events

### 6th • 1 p.m.

A lecture on inner ear and hearing loss concerns will be given by the Metropolitan Washington Ear at Columbia Senior Center, 1250 Taylor St., N.W. Free hearing screenings will also be provided. For more information, call 202-328-3270.

### 9th • 1 p.m.

The Senior Citizens Counseling and Delivery Service will offer a free lecture on Medicare and Medicaid. Don't miss this informative workshop, which will address the many questions of Medicare and Medicaid recipients regarding coverage, new regulations and other issues of concern. The lecture will be held at the center, 2451 Good Hope Rd., S.E. For more information, call 202-678-2800.

### 15th • 1 p.m.

A free lecture on substance abuse and seniors will be hosted by the Senior Citizens Counseling and Delivery Service center, 2451 Good Hope Rd., S.E. Seniors attending this workshop will learn the signs of how to identify drug abuse, reasons behind why individuals use drugs, and other important information. For more details, call 202-678-2800.

### 15th • 9:30 a.m. to 3 p.m.

Take a trip to Potomac Mills with United Planning Organization. Donation is \$5 per person. There will be two departure locations. Those wishing to catch the bus at 9:30 a.m. from St. Monica's Episcopal Church, 1340 Massachusetts Ave., S.E., should contact Juanita Campbell at 202-547-8401. Those wishing to depart at 9:45 a.m. from Capitol Hill Towers Senior Building, 900 G St., N.E., should contact Elizabeth Contee at 202-675-9066.

### 16th • 10:30 a.m. to noon

A total wellness workshop is being hosted by Senior Citizens Counseling and Delivery Service. Learn ways to stay healthy through the use of herbs,

exercise and stress reduction techniques. This free event will be held at the center, 2451 Good Hope Rd., S.E. For more information, call 202-678-2800.

### 17th • 11 a.m.

A lecture titled "How to Prepare for Disaster" will be presented by the American Red Cross and hosted by the United Planning Organization. It will be held at the Arthur Capper Senior Building, 601 L St., S.E. For details, contact Thelma Harvey at 202-675-9083.

### 22nd • 1 p.m.

Using prescription medications safely is the topic of a lecture at the Senior Citizens Counseling and Delivery Service center, 2451 Good Hope Rd., S.E. Seniors are encouraged to bring their prescription medications to this workshop and to ask questions regarding the best time to take certain medications, side effects of medicine, storing medications and other concerns relating to their safe use. For more information, call 202-678-2800.

### 24th • 11 a.m.

A lecture titled "How to Prepare for Disaster" will be presented by the American Red Cross and hosted by the United Planning Organization. It will be held at the Greenleaf Senior Building, 1200 Delaware Ave., S.W. For details, contact Alice Bullock at 202-554-1121.

### 24th • 5:30 to 8:30 p.m.

Join Columbia Senior Center as they have a Post-New Year Happy Hour! Donation is \$2. The party will be held at the center, 1250 Taylor St., N.W. For more information, contact Monica Carroll at 202-328-3270, ext. 11.

## February events

### February 12th • 1 p.m.

C.R. Gibbs, noted writer, historian and lecturer will provide an informative workshop exploring the Harlem Renaissance. He will show how this era in

history impacted the written, visual and musical arts. This free lecture will be held at the Senior Citizens Counseling and Delivery Service center, 2451 Good Hope Rd., S.E. For details, call 202-678-2800.

### February 14th • 1 p.m.

Attend or take part in the Senior Citizens Counseling and Delivery Service Valentine's Day Fashion and Talent Show. This annual event showcases the beauty and talent of seniors in the metropolitan area. If you would like to volunteer as a model or an entertainer, please call the center to register and for dates of rehearsals. To register, call 202-678-2800.

## Ongoing

### 2nd and 4th Wednesdays of each month • 2 to 3 p.m.

The Coping with Memory Loss group offers support to seniors with early dementia. Members talk about the emotional impact on themselves and their loved ones at the IONA Senior Center, 4125 Albemarle St., N.W. No fee, but donations accepted. Registration is required. The facilitator is Sean Hall. To register, call 202-895-9462 or e-mail shall@iona.org.

### Thursdays • 10 to 11:30 a.m.

The Low-Vision Support Group meets at IONA Senior Center, 4125 Albemarle St., N.W. It focuses on emotional aspects of coping with vision loss. No fee, but donations are accepted. The facilitators are Carlene Costello and Elly Waters. Registration is required. Call 202-895-9445 or e-mail Ccostello@iona.org.

### Thursdays • 10 to 11:30 a.m.

IONA Caregivers Support Group — Open to all individuals providing primary care to a loved one suffering from chronic illness. No fee, but donations are accepted. The group will meet at IONA Senior Center, 4125 Albemarle St., N.W. The facilitators are Betsy Mathiasen and Margaret Johanssen. Call to register: 301-299-9022 or 202-332-9585.

*Happy  
New Year!*

## SPOTLIGHT ON AGING

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## PREVENTING HYPOTHERMIA

Hypothermia is a life-threatening condition that could afflict those living on the streets when the temperature falls below 32 degrees Fahrenheit, or the wind chill factor creates the same effect.

D.C.'s Hypothermia Plan calls for every government agency, every community and all citizens to get involved and protect those at risk. The hypothermia season lasts from November 1 to March 31.

Please call the Shelter Hotline at 1-800-535-7252 if you see someone on the streets when the temperature is below 32 degrees.

The police department is once again participating in the Hypothermia Watch Program, with officers paying special attention to people on the streets when the temperatures are cold. It is also working with the Department of Human Services to help those in need.

Learn what citizens can do to help prevent hypothermia tragedies this winter by going to the Department of Human Services Web site at <http://dhs.dc.gov/serv/hypothermia.shtm>, or call Patricia Handy, Hypothermia Watch Liaison, at 202-698-1770.